

Abstract

Title: Case study of physiotherapy treatment of the patient with the diagnosis of lumboischialgic syndrome (G54.4).

Objective: The main target of this bachelor's thesis was to take up with the issue of the frequent lumboischialgic syndrome with radiculopathy and to outline the possibilities of its treatment. The other part was occupied with particular patient and target was the elaboration of the case study of the patient with this diagnose, followed by the appraisal of the therapy's effect. .

Methods: In the general part is concerned with the lumboischialgic syndrome issue, namely with its causes and symptoms, manifestations, methods of examination and a both conservative and surgery treatment of this disease. The second, special section of this bachelor thesis is focused on the individual patient with lumboischialgic syndrome and includes the examination realized by physiotherapist, physiotherapy assesment, subsequent therapy and the final effect of it.

Results: The results of the physiotherapeutic care of the patient were observed not to be substantial positive in objective (clinical) and subjective way and medical staff (doctors) evaluated patient's condition as indication to surgery. Nevertheless, the therapies made painful situations milder, especially in the morning. Also there was relaxing effect on hypertonic muscles of lower limbs. Futhermore the patient learnt how to activate the muscles of deep stabilizing muscles of the spine and a movement stereotypes, which are suitable after back surgery. He was also edified about necessary care after back surgery.

Keywords: case study, lumboischialgic syndrome, disc herniation, compression of spinal nerve root (radiculopathy), physiotherapy, treatment, movement.

